In the abstract:

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5 Abstract:

A method of generating a glycemic profile in a subject having a predetermined shape employs a formula for calculating the amount of carbohydrate necessary to achieve a target maximum in a subject's blood glucose concentration based

10 on a baseline blood glucose level, target maximum and an index of subject's sensitivity to carbohydrate. Initially, the index value is an exemplary value based on typical carbohydrate sensitivities displayed by various types of diabetics. However, the index may be individualized to a test subject based on an actual glucose excursion. Blood glucose is driven to a target minimum

15 through administration of a hypoglycemic agent, and rate of change is substantially conformed to a target rate, so that resulting profile is uncorrelated to factors other than blood glucose concentration. Furthermore, a method for dietary management of a, diabetic's glycemic profile, wherein an optimal glycemic profile is achieved and maintained, also incorporates the formula.